

Weekly WHY Sheet

Why do WE: Ladder Safety



- Ladder Safety is Very Serious Business and Jefferson County Takes it Seriously

- More than 90,000 people receive ER treatment from ladder-related injuries every year
- Over the last 10 years ladder-related injuries have increased 50%
- According the Bureau of Labor, 50% of all ladder-related accidents were due to individuals carrying items as they climbed

Remember these Important Steps!

1. Select the correct type of ladder
2. Inspect the Ladder
 - Rungs, Treads, Clasps, Rubber Feet
 - Many accidents come from missing or wore feet on ladders
3. Place Ladders Correctly
 - Level and Firm Placement
4. Ask for Help
 - Have a Spotter hold Ladder

Always Ask – Does this apply to Us?
Have I seen this before? How do We do it?
How should it be done?

Always Remember – Take Action! How it should be done? Why we should do it correctly, *To go home Safely to our Families*

LADDER RULES

- ✓ Always face ladder when ascending or descending.

- ✓ Always maintain 3 points of contact on the ladder :
2 feet + 1 hand or
2 hands + 1 foot

- ✓ Top of ladder should never be used as a step.

- ✓ Ladders should never be moved, shifted or extended while occupied.

- ✓ Never carry an object or load that could cause you to lose your balance.

